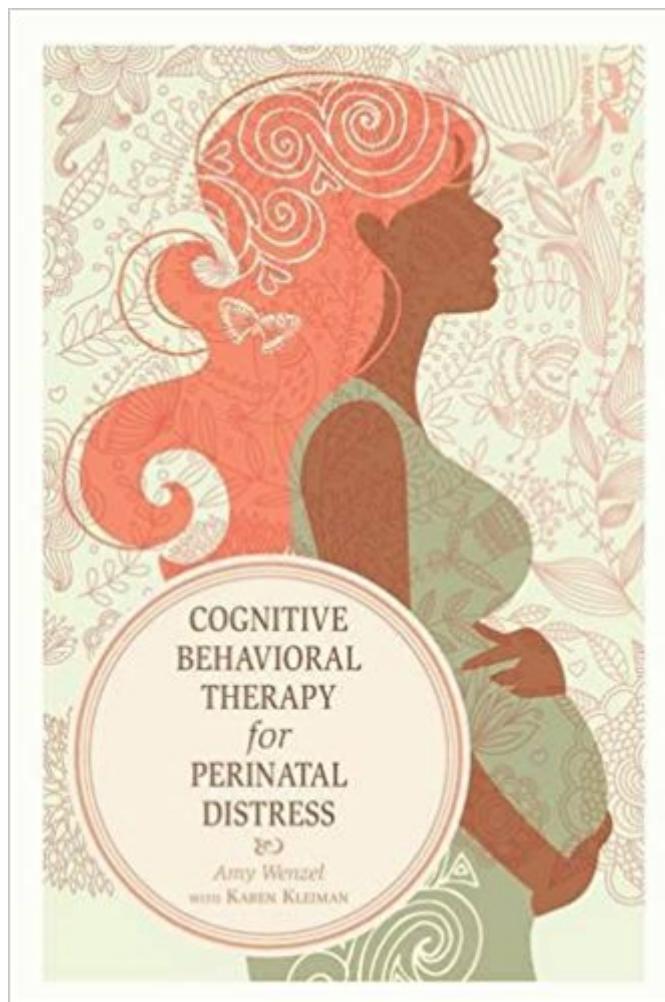


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# Cognitive Behavioral Therapy For Perinatal Distress



## Synopsis

Countless studies have established the efficacy of cognitive behavioral therapy (CBT) for many manifestations of depression and anxiety. In *Cognitive Behavioral Therapy for Perinatal Distress*, Wenzel and Kleiman discuss the benefits of CBT for pregnant and postpartum women who suffer from emotional distress. The myths of CBT as rigid and intrusive are shattered as the authors describe its flexible application for perinatal women. This text teaches practitioners how to successfully integrate CBT structure and strategy into a supportive approach in working with this population. The examples used in the book will be familiar to postpartum specialists, making this an easily comprehensive and useful resource.

## Book Information

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## Customer Reviews

"Wenzel and Kleiman have done a superb job in writing this comprehensive guide utilizing CBT with a unique population. Their clinical expertise, in the care of women living with perinatal distress, informs their presentation, making it easy to read and highly applicable to providers in this specialty practice area." --Jeanne Watson Driscoll, PhD, RN, PC, Co-author of *Women's Moods; Postpartum Mood and Anxiety Disorders: A Clinician's Guide*; and *Traumatic Childbirth*. "We usually think of pregnancy and the postpartum as times of happiness and joy, yet for a number of reasons, depression and anxiety are actually very common experiences during these times. All too often, these problems go unrecognized by healthcare providers. This book, which emphasizes cognitive-behavioral therapy, the most effective treatment for emotional distress, is sure to be of

great use to practitioners and patients alike. The many personal examples and illustrations of therapeutic techniques make this a very usable workbook." --Jonathan S. Abramowitz, PhD, Professor and Associate Chair of Psychology, University of North Carolina at Chapel Hill "Two experts in the field of perinatal mental health have teamed up to produce an outstanding volume on the identification and management of perinatal distress. This book recognizes that few women present with pure perinatal depression or anxiety and it provides a thorough going guide to working with the perinatal woman who is suffering from a mixture of symptoms. Cognitive Behavioral Therapy for Perinatal Distress should be read by any clinician or student who works with women suffering from perinatal depression or anxiety." --Michael W. O'Hara, PhD, Professor of Psychology, University of Iowa

Amy Wenzel, PhD, ABPP, is author and editor of fifteen books, many of which are on perinatal psychology or cognitive behavioral therapy. She lectures internationally on issues relevant to mental health and psychotherapy and provides ongoing supervision to clinical psychologists, social workers, and psychiatric nurses. Karen Kleiman, MSW, LCSW, is a well-known international expert on postpartum depression. She is founder of The Postpartum Stress Center, a premier treatment and professional training center for prenatal and postpartum depression and anxiety. She has written several books on perinatal distress.

Love this book, it is informative, fascinating, and very useful to me as someone in training to work with this population. It is very clear to read, and flows very well!

Karen Kleiman and Amy Wenzel once again deliver their latest book on the clinical application of CBT with women suffering from postpartum mood disorders. A nice overview of disorders is given up front, along with recent clinical data on efficacy. The text cycles through the stages of treatment, outlining several useful and effective behavioral interventions with this specific population. As a clinician, I particularly appreciated the section on utilizing medication, and the importance given to the therapeutic relationship, an area sadly neglected in most texts regarding treatment. An indispensable reference for any clinician treating mothers. I use it all. the. time. And even share parts with clients-easy for the layperson to "get" as well. Jessica Foley, MA, LMHC practices psychotherapy to help women with various issues, including postpartum mood issues.

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